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M1282 BERKELEY Friday OCTOBER 27, 1967 MR. NYLAND'S BIRTHDA

Well we are getting towards the end. Pretty soon we will be packing up. Maybe it was a good thing to have a short trip this time, and that is no particular rationalization because the necessity that we had to make a short trip probably is even more apparent with the difficulties, slight difficulties that we had in New York, but the original plan was not to make it too long just to see to get an idea of the different groups, how they are, particularly Portland, Eugene, Big Sur, San Francisco of course. I knew a little bit, we talked about it yesterday, Berkeley, Palo Alto. I hope to be back in February and "arch. Then I hope to stay again at Clara. It is a good place. We can work there and I have been very happy that many people came during this particular week. Now we go.

Tomorrow free day, as you know. Sunday but at four, no, five-thirty we will play a little piano. I apologize for the orgàa today. I should have gone over there and tried it out first. But when we went first time. Mr. West was tuning it and it was rather difficult in the first time we met him so I didn't really inquire, thinking that it was all right. That was, I would say the wrong assumption because I didn't know what he had done. Although he is an organ builder and it was patterned after some special only mechaanical devices particularly in that sense that one could increase the volume in each pipe without electronically having to do it in connection with more pipes. So I assumed that was the case. As it turned out there was no indication of how to produce an increased volume. We tried all the different things in the beginning which you remember. We tried this and we tried that. It was all very thin. And only high notes . I think Mr. West was interested in that kind of tonality of a flute- as we simply say, a four foot one, something that is quite high, soft. I think the foot pedal, or foot arrangement could have given more volume, but even that also

was equal in a stage you might say like a surface without a chance to become like waves. And waves from an organ is exactly what gives emotional quality. Because if it is even, you cannot change the volume too much, it becomes a little intellectualand then what one can produce is of course a certain technical ability, but it has no depths. And depth comes when you can change as you play, when an increased quantity is within a certain length of time. Very much is the same as the principle of what is involved in touch on a piano, and exactly because of the variation in that kind of (------) gives you a verticality to it and you get away from the horizontal part and I missed it completely. It was not there. I couldn't find it and I couldn't produce. And I couldn't even produce it by changing the stops, which sometimes you can do because the stops register the different. So I was sorry. Next time we will know better and we probably should not go by what other people.say, and actually experience it first. Sunday we play in the meditation room and the piano can be brought up. Peter can tune it- where are you Peter? Right here can tune it, eh Peter? Some of us who want as a project after lunch can have to go up there and move the piano, carrying it to the elevator, hoping the elevator won't break. All right. Five thirty (____) as far as we know. We have two hours. Half of that again nothing. Monday preparation packing getting things together, and one thing please, don't leave anything here. The unconscious performance in Seattle is a little disheartning. And we also have to send the stuff that was left there. It should not happen, not even a toothbrush. You have the whole day Monday to do it. Movements as we know, again, Monday evening

nothing. Tuesday, we still have Tuesday morning because we don't have to leave for Monterey until after lunch. For the morning we can still talk as you like. /So now today, I said alittle while ago that among the different presents I got there are several things thatI can eat. There is toomuch of course. I can not , of course we probably eat a little bit of it on Sunday, but it looks as if people want to keep me alive. It is very nice. And it makes me think again and again, here we have a birthday. Everybody wishes me a good year, and of course hopes that it will be a good year and after another birthday. It is already getting along quite a bit you know. Seven seven- it is a good year for me, it has been. It is a good year now to start. I think there will be quite a bit of work to be done. Thank you for you remembering when I try to explain about the plans we have for houses in the country both in East Coast and here. Next year I hope something of that kind will start to crystallize out. But what is the assumption for me when we drink to my health and my health is good ? How will it be tomorrow ? What do we really know ? You remember Ouspensky made a remark that a person should be entitled to know when he will die so that he can arrange his affairs. And of course most of us don't know it. I think Gurdjieff knew it because when he left for New York for the last time he told us he would come back but no one would recognize him. And of course we had an idea that maybe he would grow a beard or whatever. And who knows, maybe he came back. And the assumption all the time when Gurdjieff was alive was that he would live forever.

because
So that perhaps/of that we didn't do so very much work, always thinking that in case we would need him we all that we had to do was just go over to France and talk and then this all of a sudden. We will talk about that on Sunday a little bit, this memorial day. The day of remembering, but all of us are mortal. Sometimes I think about that, of course. No, not only sometimes, sometimes a great deal, and the assumptions that we now take and here that you might say the responsibility that Ihave taken on myself. In starting groups and talking and talking and saying A.B.C. not applicable in the sense of work, but applicable, not applicable as far as the possible development of the group and life in a group and coming to a point where people can continue to carry on. That is the responsibility tnd I don*t stop apparently. There is all the time, there is more added and of course I need more help. And it is there I know. It is there when I ask, but when I don*t ask or when I am not here to ask, who goes then continue? And I am very serious about that, because I am responsible, and something has to be crystallized properly, and I have to know what to do at a proper time. See last night I talked a little differently from usual and it wasqquite intentional because after having satisfied certain things regarding organization should items of that kind. We went to through a detailed description of the value of life and how one should consider it and what really should be done with it. And what maybe prospects of the development of man when he becomes more and more conscious and his proper attitude towards God or becoming part of or at least associated or perhaps even sometimes even fused with the Universe and understanding the laws of maintaining it and finding its proper place and what he should do on Earth and also when he leaves it. And the whole meeting became a little bit emotionally tinted because I believe that is the only way by which one can penetrate into

~~the hw-hwE~~-- the heart of people and I didn't want to touch only a little bit of the brain. And afterwards thinking about it I questioned. Was it right to do this? Because so often many times this kind of an attitude maybe misunderstaod and sometimes wandering on perhaps a little sentimentally or maybe that which I dislike so very much to be called a preacher as if the words which come become a little oily and they don't really belong in that kind of a way because they should be so strong and straight and quite accurate and detailed, but not overmuch of an emotional quality. So there is no other way because how can I try to make you believe that I will die particularly when I have a birthday and we drink to my health. In the third series Gurdjieff describes what happens at a death of a person and how people afterwards at the funeral get together and talk about not how wonderful a person was who died, they talk about in what did he fail. And it is a very difficult thing to do. In the first place, of course you may care for the person, and in the second place, why then to talk about something that is past and ~~perh~~ perhaps is of no value anymore. So a person has died that only one could derive from it a certain wish that whatever that man did or did not do, then that those who remain can profit by that. It is so easy to let your respect go over into a little bit of an affection and with that you forget that you should have love for Work and not for me, and you should remain critical about me, what I do, and what I may be, what I don't do and perhaps should do. So when we drink tonight it is not to wish me well. It is to wish for all of you to see what is lacking, what ought to be done, why there is a chance for doing it. It will require on your part a great bit of honesty and I know you won't do it because it is so difficult and you are afraid maybe that beig a

little critical I will be hurt, but I would almost say that I ask exactly to be hurt to know,so that I can profit and maybe that in that direction it will be helpful to me to grow because if you really wish me well you must wish me well with everything that I have and with everything that I don't have and should have. I should not be a failure. I should be an exact communication about what you really think and you should have the honesty andthe feeling and that kind of sincerity that you will tell, tell and not hide and that you will be honest about it and that it has to be based on facts or on the facts that you understand in your way. Either if you don't want to admit sometime that you do not know everything, that perhaps the facts are different from your interpretation . At the same time I am ahead of you. but I need all of you to push me further, so drink to that if you will. It will help me. Lets stop the machinery.

Part II

Ther is something about Fridays, this Friday now in New York, a couple of hours later that, but what we usually have of a Friday, I can talk without having to answer a question so that I can say what I want,at such a time; between play a little music , and what we will ~~will~~ do sometime when we are back and to send you the music tape also what we have talked about and that you should have a meeting like that to listen, play the music, listen, play the music because there is a certain coherence sometimes that belongs together and you could then have a meeting on an evening like a music meeting and perhaps because of that you may have a chance to get something of the atmosphere ~~sometimes~~ it is all right They are both languages of course in meeting of what one says and also the music may correspond. You have to be sensitive to it. You have to learn. You have to learn that language. You have to be open. I think it is the greatest difficulty that we must have

that we are not open. What it is that makes us fearful, closed up? It is godd for the New York people to get a little bit of a look at the West Coast because they are a little more open than we are. Naturally you don't have to belong to a special sign 6f the Zodiac to see it. They are there and they are willing to share. At least to say something. We are very much closed up regarding Work we are closed up. A little that we are in ordinary life to protect ourselves or perhaps to keep secrets but for Work you don't have to. There is the necessity in Work that you really can communicate with each other in a very simple way of what bothers you or what you don't understand or what is not clear and to talk about it and it is much too much and much too little talk. No exchange and maybe only as a group. Sometimes when we work together physically or maybe sometime for lunch accidentally. I would like that a wish that could change because after all what will you lose. Really nothing. You can state what it is that is going on in you and you feel it is of value to you maybe that you cannot solve some kind of a trouble. What will you lose? You are open about that of course, you select someone who you can trust but what is wrong by telling them that you are a little in a choatic condition that you really do not know and it is something that is there that perhaps if you could say would help you to become more clear or that at least you could overcome this terrible fear that you have that you have to keep it within yourself. You have to learn to talk about the things that really concern you in a very simple and open way with each other or with at least some and that then perhaps the other can be a good listener to you and perhaps because of that you are encouraged to put things in words thats if you keep them in your mind only are

not usually formulated well enough and in the presence of someone a little bit of a give and of take, a little bit of time to see that you can understand the other where they are, what you are trying to do so that they know about you. You are not giving away any secrets about yourself. Why shouldn't one become very honest in saying that one is such and such not always agreeable maybe, but what of it? Suppose that someone else knows that you are obnoxious. What difference does it make? At most you know you must know that everybody is unconscious and mechanical and which particular side of mechanicality you put to the foreground, at times, it does not really matter at all because someone else is doind something else which is always equally mechanical. Equally unconscious, equally stupid maybe but the stupidity what is wrong when you admit that you are stupid? What really would happen if you would say it? Would people change their opinion of you? You think their opinion is based on a few words that you mentioned. Don't you think that a person has already formed an opinion of you already formed long ago and that whatever you now say as truthful for yourself you think it will change very much that kind of an opinion even if it sounds stupid. A person will say oh, well he is stupid now I never thought of that, but they will not change their appreciation of the level where you live. It is interesting how a being of a man is communicated to someone else. It is on the level of being. It is not on the level of a description of it in terms of the feelings and even a thought. It is sometimes impressionally received and by intuition you know what theperson is. It is sometimes that there is a person with his being creating an impression around him which if you become aware of and the more you yourself live within yourself as an entity the more you have certain things within you that are not changeable or not as easily changeable. Then you re-

cognize what is unchangeable in someone else and that is where your opinion is based on if it ~~s~~ is worthwhile because if it isn't that then it is just some periphery that isn't worth it at all and don't have such friends and you waste your time. If you would be simple start with a simple person. If it is complicated try to get a complicated one and you never can exchange. You will always keep on talking about the same thing and they will and you will not touch on, or you will not reach each other. How does one (d~~o~~) it? By becoming open and very simple things of daily life. Things that are already commonplace that everyone knows. Sometimes maybe when you kpee on repeating yourself the other may see that you are doing an extra job in trying to emphasize certain things and again let it. Whatever reaction with someone else let it be for whatever it is. Don't be disturbed. You have an aim to communicate. Go ahead and communicate and don't consider the other person. They will maybe open up also and then of course you have exactly the same problem for yourself not to criticize the other, but go ahead and just be as you are as open as you are. With your eyes all open, to which everybody can look. Don't hide so. That could be a general value as a human being. Each person of course has certain ~~tin~~ things that he wants to keep all to himself and of course you are alone. And you don't even talk about that in the presence. of God. But for the general communication of openess regarding work ~~wi~~ this is one of the tasks that you have. To be able to talk, and to talk and not to ~~e~~ criticize as you are talking and not to be ashamed of yourself and not to tell someone else about someone and to eliminate that kind of a gossip, but if you want to talk about someone that then you tell what it is again and use the same phrase. What is wrong with the person? And then you try to correct what is wrong with that person if you

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if you say it to someone else you are under obligation to try to correct it with the person you are talking and if you are not willing to do that you have no right to gossip about someone else, but stop unnecessary activities of that kind because you know with what kind of obligation you are not going to fulfill because you will not tell someone to his face what you will tell someone else behind his back. And for openess it is necessary to be able to say certain things in the presence of others and also in the presence of other people again about the person you have talked about all about yourself in exattly the same way. You can figure this out for yourself how you want to do it and maybe you will start on that little bit of a kind of research to see how truthful you are. Or are you only truthful with a few people? Maybe you are because there is a question of intimacy but it is possible for you to be as truthful as you can be with the variety of person you reach in your opinion and objectivity. For one thing you never have to be ashamed that someone will bring out something in the presence of others that you would not like theother person to hear. In the second place you will think twice before you make a remark about someone unless you are perfectly willing to justify and repeat in the presence of the person you are talking about and in the third place it will help you to be much more truthful about yourself and that after all is the necessity because the truthfulness about yourself and what you do particularly regarding work where everybody knows we are crawling about on the ground and it is exrremely difficult to even keep an awareness long enough that a main objective for a little while; that everybody knows this and you can admit it and that then you show your attempt to overcome by showing then what you are up against and what you have tried to do. And as I say ,so simply you tell what is wrong with you. It is the other way round of

trying to tell how beautiful you are and all the rest. It comes to nothing after a little while. When you're deaed you(____). You cannot keep it up. No one wants to continue living that kind of a world of hypocrisy. For simplicity start with very simple things. Start with the weather, start with saying what you really mean. Just a few things during the day, to the extent that it is absolutely truthful for you if you can. To the extent that it can be understood by someone else, then you will have an exchange on a different kind of a level. Your word must be as good as gold. There is so littlecto add to that kind of a thing and only to you have to learn how to do it and you have to learn to Work together. To learn really to understand one another for one week, if you can try to elliminate out of your thought criticism of other people. Try to see them as they are in the way you understand them and that there is really nothing wrong with them and that the way they are/ you will accept and you will live with it in that (____). And you will not be be surprised because you know already what they are . And your behavior should be in accordance with that- to meet them on their ground and then to try to put words in your mouth in such a way that they attempt themselves to conditionsd which you consider the person to be in and then to help them to understand what you already so-called understand about them. It would be wonderful to be truthful. It would be wonderful to be ashamedabout some(_____). I do not know how ideal a world like that would be. I don't even know if it could be maintained. But I do know that the attempts can be made and that the results that one obtains from them is quite a different kind of a thing than what we imagine. You will only find out when you do it. and the world will change for you and your attitude of

helping others and wishing to become what you hope for them also will change. Such force could come from a group if it could understand that kind of relationship. We can drink to that..

Lolly McDonnell